



Empowering Individuals and Strengthening Communities

February Is Black History Month



Black Mental Health: What You Need To Know

The topic of mental illness is often taboo in Black communities.

If we eliminate this stigma, can we help people get the mental health care they need?

"Members of the Black community often find support in family and through community and spirituality. They also deserve professional, respectful mental health care that understands their needs from a cultural perspective." - Deconstructing Stigma, McLean Hospital

In a collaboration with the Boston chapter of the NAACP, McLean Hospital has released a campaign called **Deconstructing Stigma**. This powerful project targets barriers to mental health treatment for Black individuals, examines the history of Black mental health in America, and opens opportunity for informed conversation so that we can all be advocates for Black mental health. In this article learn about:

- How stigma affects the Black community
- Which barriers to care exist
- How to find culturally sensitive care

[Read the Full Article Here](#)

ServingTogether Program Awarded SSG Fox Suicide Prevention Funding



EveryMind's ServingTogether program will begin implementation of the Staff Sergeant Parker Gordon Fox grant across the State of Maryland, in Washington D.C., and Northern Virginia. ServingTogether is proud to be one of 80 recipients across the country awarded the grant and will deliver suicide prevention services in collaboration with the Department of Veterans Affairs.

This program offers suicide prevention and culturally competent care coordination to Service Members, Veterans, and their Families through our virtual Peer Navigation team.

Reach out to us directly if you or someone you know is in need of resources.

Get Connected to a Peer Navigator

Education Training Events



Mental Health First Aid for Military, Veterans, and Their Families

February 24th from 9am to 5pm

at

Platoon Veteran Services Center at Goodwill
1750 Monocacy Blvd Suite A, Frederick, MD 21701

Mental Health First Aid for Veterans, Military Members, and their Families teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

YOU WILL LEARN:

- About military culture and its relevance to the topic of mental health.
- Specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD), and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.
- How to make an action plan.

WHO SHOULD TAKE IT:

Military members
Veterans
Families and friends of military members or veterans

Register Here

The deadline to sign up for this course is Friday, February 17th at 5pm. Please contact Sofia Driscoll (sdriscoll@every-mind.org) with any questions.

Community Comes Together for Montgomery County's Annual Point in Time



On January 25th, Montgomery County Council Members, over 100 volunteers, and EveryMind staff came together to participate in the annual Point in Time (PIT). The PIT is a count of sheltered and unsheltered people experiencing homelessness on a single night in January and is a nationwide event sponsored by the Department of Housing and Urban Development.

To learn more about EveryMind's Homeless Outreach Services or to be on the list of volunteers for next year's count, please reach out to us.

EveryMind Homeless Outreach Information

We Are Hiring!



Come join the team at [EveryMind](#), recently recognized as one of **Bethesda Magazines 2022 Top Places to Work!** We offer a positive workplace culture, a competitive compensation package, and great lifework balance.

Currently hiring for:

1. Grants Manager
2. Mental Health Therapists
3. Hotline Team Supervisor
4. Homeless & Housing Services Director
5. Case Manager, Homeless Street Outreach
6. Service Coordinator, Formerly Homeless Program
7. Linkages to Learning Director

[Apply Here](#)

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Need Help/Support/Resources?

Call or Text: 988 or 301.738.2255

Chat: [Every-Mind.org/chat/](https://www.everymind.org/chat/)

ServingTogether Veteran Peer Navigator: 1.855.738.7176

Sign-up for the EveryMind newsletter.

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